

**Abstract**

An exercise device comprising a base, a pair of arced parallel bars having a top and a  
5 bottom end, where the top end of said bars being further from said base than said bottom  
end, and a seat, the seat having bottom rest and a back rest. The bottom rest having a top  
and bottom end and a front and back side, and the back side of said bottom rest connected  
to said parallel bars to be capable of sliding on said parallel bars between said top and  
bottom end. The device has a foot platform positioned away from said parallel bars and  
10 angled from to parallel bars so that said system is capable of imitating free weight squat  
motion, and at least one tension cord capable of resisting motion of said seat away from  
said foot platform. The resisting cord having a top and bottom end, said top end of said  
resisting cord connected to said seat and bottom end of said resisting cord connected to  
said device.

15